Tickborne Diseases

Be aware of ticks when participating in outdoor activities.

Ticks are small insects that carry serious diseases with just 1 bite:
- Rocky Mountain Spotted Fever
- Ehrlichiosis
- Tularemia

Take simple measures to protect yourself and your family:

Wear light-colored clothing, long-sleeved shirts, and pants to make ticks easier to see and lessens exposed skin.

Check for ticks at least once per day. Check full body including head, underarms, and the groin area where ticks may hide.

Use tick repellent according to the instructions on the label.

Remove ticks properly from yourself and your pets:
1. Use tweezers or a tissue to grasp the tick as close to the skin as possible.
2. Use gentle, steady pressure to pull the tick from the skin, trying not to twist or jerk the tick as you pull.
3. Do NOT squeeze the tick’s body before, during, or after removal.
4. Wash your hands with soap and water after removing the tick.
5. Write the date of the tick bite on a calendar and call your doctor if you develop a fever within 14 days.

Avoid tall grass or brush when hiking, biking, or walking.

For more information on tickborne diseases and prevention, call or visit us on the web:
(405) 271-4060
http://ads.health.ok.gov